

# ARIZONA DEPARTMENT OF CORRECTIONS

## PHYSICAL ABILITY STANDARDS

### GRADUATION REQUIREMENTS

PUSH-UPS		
Age	Women	Men
21-29	16	24
30-39	14	19
40-49	12	13
50-59	9	10
60-69	6	9

FLEXIBILITY		
Age	Women	Men
21-29	13 1/4 In.	12 In.
30-39	13 In.	11 1/4 In.
40-49	12 In.	9 3/4 In.
50-59	11 3/4 In.	9 3/4 In.
60-69	11 In.	8 1/2 In.

SIT-UPS		
Age	Women	Men
21-29	27	34
30-39	21	28
40-49	16	23
50-59	7	20
60-69	5	13

1 1/2 MILE RUN		
Age	Women	Men
21-29	16:35	13:43
30-39	17:48	13:45
40-49	18:54	15:33
50-59	19:48	16:51
60-69	21:29	18:57